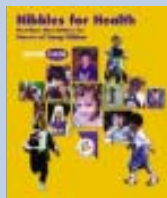


CURRICULUM DESCRIPTION

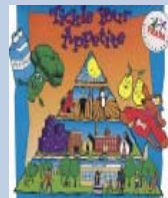


Pre-Kindergarten Nibbles For Health¹

Developed by
Team Nutrition

This kit offers child care center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. Also contained in the kit are reproducible newsletters that staff can provide to parents that address many of the challenges parents face.

Contains: Leader's guide ✱ 41 parent newsletters ✱ 3 posters

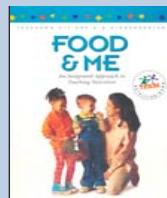


Pre-Kindergarten Tickle Your Appetite¹

Developed by
Team Nutrition

Education kit communicates to preschoolers messages of eating a variety of foods and making food choices for a healthy diet.

Contains: 17-minute Video ✱ Activities ✱ Audio tape ✱ Reproducible materials

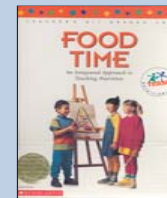


Kindergarten Food and Me²

Developed by
Scholastic Inc. and
USDA's Team Nutrition

Includes 8 lessons that will assist in teaching the basics of healthy eating. Lessons engage children and reinforce the message beyond the classroom into childrens' homes.

Contains: Teacher's guide ✱ Resource materials ✱ 30 student magazines ✱ Family newsletter ✱ Reproducible worksheets



1st-2nd Grade Food Time²

Developed by
Scholastic Inc. and
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into student's homes.

Contains: Teacher's guide ✱ Student reproducibles ✱ Student magazines ✱ Family newsletter ✱ Parent reproducibles ✱ Video ✱ Posters ✱ Spanish version of student magazine and family newsletter

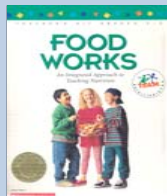


3rd Grade Hearty Heart & Friends³

Developed by
Minnesota Heart Health Program

Cartoon characters set the stage for students to understand that heart healthy eating and physical activity are the keys to a healthy lifestyle. Each of the 15 sessions is approximately 40 minutes in length.

Contains: 15 lesson plans ✱ Video ✱ Take home activities ✱ Student workbook



3rd-5th Grade Food Works²

Developed by
Scholastic Inc. and
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into students' homes.

Contains: Teacher's guide ✱ Family newsletter (set of 30) ✱ Student reproducible worksheet ✱ 2 posters ✱ Video

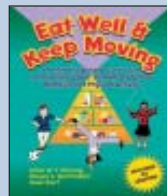


4th Grade Go For Health 4: Taking Off³

Developed by
Minnesota Heart Health Program

The character of Tellstar, a reporter from Planet Strongheart, teaches students to consume foods lower in fat and sodium. Students are also encouraged to be physically active and learn to make healthier choices. Each of the 24 sessions is approximately 45 minutes in length.

Contains: 24 lesson plans ✱ Family activity booklets ✱ Student workbook

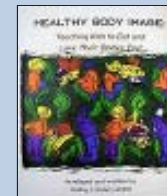


4th-5th Grade Eat Well and Keep Moving⁴

Developed by
a team at
Harvard School of Public Health

An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits. Unlike traditional health curriculum, this curriculum encompasses all aspects of the learning environment: the classroom, the cafeteria, the gymnasium to the school hallways, the home and even community centers.

Contains: 44 lesson plans ✱ Reproducibles ✱ CD that contains how-to's for promoting the program in your community ✱ School-wide campaign



4th-6th Grade Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too!⁵

Developed by
Kathy J. Kater, LICSW

Uses age-appropriate prevention principles to teach prepubescent children to develop an identity based on inner strengths rather than appearance; become aware of the dangers of dieting; and resist unhealthy cultural pressures regarding weight and dieting. Lessons fit into existing science, social studies, history, literature, family life and consumer science, and health classes.

Contains: 11 lesson plans ✱ Teacher preparation notes ✱ Home education slips ✱ Reference and resource lists



5th Grade Go For Health 5: Breaking Through Barriers³

Developed by
Minnesota Heart Health Program

Contains 16 sessions focused on nutrition and physical activity. Each session is approximately 50 minutes in length. Introduces the need for variety in dietary patterns, the Food Guide Pyramid and problem solving around barriers to a healthy lifestyle.

Contains: 16 lesson plans ✱ Student workbook

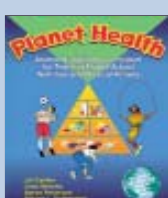


5th-7th Grade The Power of Choice¹

Developed by
HHS' Food and Drug
Administration and USDA's Food and
Nutrition Service

A Leader's Guide for after-school activities designed to build adolescent decision-making skills that promote healthier eating and activity choices in real-life settings. The key goal is to empower preteens to make smarter choices that lead to improving weight management or being less sedentary.

Contains: 10 interactive sessions ✱ 4 posters ✱ Leader's guide ✱ Activities



6th-8th Grade Planet Health⁶

Developed by
A team led by Jill Carter,
Jean Wiecha, Karen Peterson and
Steven Gortmaker

Interdisciplinary comprehensive health curriculum that provides students with the knowledge and skills to develop healthy diet and physical activity habits for life.

Contains: 63 lesson plans including: 8 language arts, 8 math, 8 science, 8 social studies and 30 physical education micro-units ✱ Power Down campaign ✱ FitCheck, a self-assessment tool



7th-8th Grade yourSELF¹

Developed by
Team Nutrition

Contains materials for health education or family and consumer science classes that help students learn to make smart choices about eating and physical activity.

Contains: Teacher's guide ✱ 30 copies of yourSELF magazine ✱ 30 student workbooks ✱ Duplication masters ✱ Video ✱ Poster



5th-12th Grade Science and Our Food Supply⁷

Developed by
Food and Drug Administration
and the National Science
Teachers Association

Activities that link food science and food safety to students' everyday lives. Easily fits into Biology, Life Science, or other science classes using fun, creative ways for presenting the lessons. Includes fascinating, little-known food safety facts.

Contains: Interactive video ✱ Reference guide ✱ Separate guides for middle level and high school teachers



7th-12th Grade SyberShop⁸

Developed by
North Carolina Department
of Public Instruction

SyberShop is an interactive CD for youth ages 13-19 focusing on physical activity and healthy eating. The CD can be used individually or in the classroom as a supplemental teaching tool.

Contains: 5 lessons ✱ The Virtual Food Court ✱ Virtual Cafeteria ✱ Building Blocks...Basic Tools for Healthy Eating and Being Physically Active ✱ Body Dimensions... Factors That Affect Your Mind and Body ✱ Be Active... Building Physical Activity Into Your Daily Routine

¹<http://www.fns.usda.gov/tn/resources/index.htm>
²<http://www.fns.usda.gov/tn/resources/scholastic.html>
³<http://www.activitiesforlife.com>

⁴<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964>
⁵http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=302
⁶<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736031057>

⁷<http://www.nsta.org/fdcurriculum>
⁸<http://www.eatsmartmovemorenc.com/programs/sybershop/index.php>